

**Fitness Committee  
Minutes  
May 30, 2019 @ 5pm  
1-513-816-0649  
PIN: 179 412 523#**

The Fitness Committee held a public meeting on May 30, 2019, beginning at 5p.m. via conference call.

**Committee Members Present**

Jennifer Eastman  
Dr. Aruna Nathan (chair)  
Cameron Pollock  
Namisa Kramer  
Dr. Mychelle Farmer

**Committee Members Not Present**

Julie Maneen  
Joanne Roberts

**Maryland Department of Health Staff Present**

Nacole Smith

Dr. Nathan called the meeting to order at 5p.m.

**1. Roll Call**

Dr. Nathan took roll call. A quorum of the Fitness Committee was present.

**2. Approval of Minutes**

Dr. Nathan requested approval of the April 25, 2019 minutes. The minutes were approved

**3. Discussion**

- Michelle mentioned that First Lady Michelle Obama had a great program called “Let’s Move” and it received great results. Unfortunately, the Trump administration has put this program in the archives, but it would be a great resource for us.
- Aruna asked how should we format the twitter messages for the campaign?
  - Nacole stated that she used a excel spreadsheet for Walk Maryland Day that had columns which listed the twitter messages, Facebook messages, stock/photo links, and dates as to when each message should go out.
  - Cameron will find the link to the free stock photos that Liz Woodward found last year.
  - Monday June 3<sup>rd</sup> is the deadline to receive twitter messages and stock images to Aruna. Aruna will send out a reminder.
  - Nacole will email the MDH logo to everyone in the group.
- Aruna will put together the exercise proposal and share it with the group for input.

**4. Adjournment**

- The meeting was adjourned at 6 p.m.